

This I Believe – Live With No Regrets

“With the past, I have nothing to do; nor with the future. I live now.” - Ralph Waldo Emerson.

Well, I have been trying to free myself of any regrets. But after all this while, I still cannot declare that I have nothing to do with my past. I cannot let go. I cannot let go of my regrets. Those feelings of sorrow or remorse, for faults, acts, or disappointments, they overcome me, and the worst part is, they will stick with me for the rest of my life.

I believe in living with no regrets. Some make me feel small. Some still continue haunting me. I hate remembering things I regret not doing. One that still clings onto me, was not fighting for what I loved. I used to be a sprinter. I loved running. Running was, and is my everything. So I tried out for athletics again when I began secondary school. Back then, the coach mentioned that he was keen for me to make the team, but I doubted my chances as I had heard of many better athletes trying out too. Hence I tried out for the badminton team as well and unexpectedly, I was successful! When the track coach heard of this, he told me that I would probably be part of the main team if I joined badminton, whereas if I stuck to athletics, I would be a reserve. I felt very sore. I wanted to tell him that I love sprinting. I would not mind being sidelined. I just wanted to continue pursuing my passion. But for some reason, I could not bring myself to tell him that. I really wanted to, but I just could not. Heavy hearted, I managed a, “Yes, I understand”. I knew if I left then, I would regret it forever. But I still did.

Maybe I should not have doubted the coach’s words, because if I had known what badminton was like, I would not have even gone for the trials. Some of my team mates looked down on me because I was lousy. The coach did not really bother about me because I was not even in the main team. It would not have hurt so much if I was a reserve for the track team, because at least I would be attending every training session with a mind to excel, with a passion for running. But I am not particularly passionate about badminton, which worsens matters. If I had insisted and begged the athletics coach to accept me, if I had said what I wanted to say, if I had fought for what I wanted, then I would forgive myself even if I did not succeed.

It is hard getting over a sorrow, but it is harder forgetting a disappointment. Which is why I believe in living with no regrets. No other regrets. Never do what you think you will come to wish you had not done, because when you regret something, you regret it for a lifetime.